



An easy fish recipe that will make married friends proposition you. In front of their spouses.*



standuponit
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<https://standuponit.livejournal.com/2010-04-18> 18:33:00

LOCATION: feed me seymore!

MOOD: 😊 happy

MUSIC: Turin Brakes - Rocket Song

First, make a spicy salsa. Proportions, scalable: say for each pound of the best tomatoes you can get, a half onion, one chili (howsoever hot appeals to you), a sprinkle of sea salt, and some herbs--cilantro, parsley. Being out of both, I swiped an unflowered dandelion from the cat shelter. Ahem.

Make brown and wild rice. The ratio is one cup of brown and wild rice to each tablespoon butter or olive oil and 2.5 cups chicken or fish stock. Boil all, cover, turn down the heat and simmer until the stock is absorbed. When you pull it off the heat, add a cup or so of sliced peeled carrots for each diner. Or more, if you are me. Cover it again and stick it off to the side.

Each cup of rice will make around 3 cups of cooked rice.

Heat olive oil. Into the olive oil, put rather a lot of peeled sliced garlic cloves. Fry until they are golden brown and crispy. Remove, toss on top of the carrots and rice.

In the garlicky olive oil, fry tilapia fillets (about 2/3 of a filet per normal human guest: more for teenagers, construction workers, or me) that have been seasoned with salt, pepper, and dill. Cook until crispy on the outsides and done through.

Dump the whole mess--oil and fish--into the rice pan. Mush it all together with your cooking tongs. Squeeze over lemon juice, careful of the seeds.

Serve in big bowls with a fork and a generous heap of the salsa on top.

With beer.

OMG, with beer.

You will need the beer.

*Both halves of the couple, as it happens.

TAGS: [recipes](#)



This looks like a good idea.

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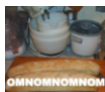
This.

...

Little guy's not bad.

Gotta teach RHex to smear.

5 comments



[glinda_w](#)

[April 18 2010, 23:17:37 UTC](#)

[COLLAPSE](#)

drool



This sounds lovely.

[ladycelia](#)

[April 19 2010, 00:51:29 UTC](#)

[COLLAPSE](#)

Me? Today was rabbit sausage over polenta. The polenta having been enriched with asiago cheese with rosemary and olive oil.

Yum! Good eats all 'round!



[magpie49](#)


[April 19 2010, 01:37:09 UTC](#)

[COLLAPSE](#)

I have dandelions in my yard. Lots of them. However, a great many of them are already blooming.

This dish sounds fabulous.




 **trollcatz**

April 19 2010, 04:46:49 UTC

COLLAPSE

blisssssssssssssssssssss



 **standuponit**

April 19 2010, 11:00:44 UTC

COLLAPSE

Sunday supper! It's what's for... supper....